Vancouver metro

Your essential daily news | WEDNESDAY, FEBRUARY 3, 2016

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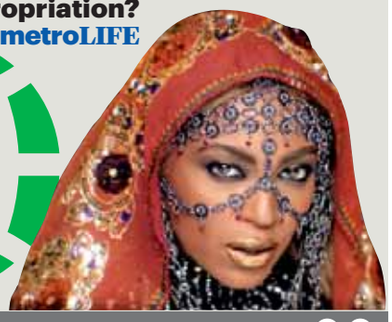

PHOTO ILLUSTRATION BY JASON LOGAN

INTERNET FOR ALL

Group wants to bridge the 'digital divide' with affordable Internet access

metroNEWS

Zika testing available in B.C.

GLOBAL HEALTH EMERGENCY

Experts met in Vancouver to talk provincial strategy

Thandi Fletcher
Metro | Vancouver

Women in British Columbia who were pregnant when travelling in Zika-infected countries can get tested for the virus that has been linked to severe birth defects in infants, says a top doctor at the B.C. Centre for Disease Control.

Dr. Mel Krajden of the B.C. Centre for Disease Control confirmed B.C.'s position Tuesday following media reports that a pregnant woman in Toronto who recently travelled to Brazil is facing aborting her baby because she was refused testing for the mosquito-spread infection in that province.

"That's just wrong," Krajden told Metro about the Ontario case. "It means there was a gap in the communication."

Zika, which the World Health Organization declared a global emergency on Monday, is strongly suspected of causing microcephaly, a rare condition that causes the brain to stop growing in the womb.

A spike since October of babies in Brazil being born with brain defects and abnormally small heads has been linked to their mother's contracting the virus during pregnancy, although a definitive link to the virus has not yet been proven. No vaccine or cure exists for Zika.

Krajden said he and other experts met in Vancouver on Tuesday to discuss a strategy for dealing with Zika in this province.

So far, two cases of Zika have been confirmed in travellers returning to B.C. One had been travelling in El Salvador, the other in Colombia. Both patients have since recovered from the virus.

> A woman shouldn't have to feel that they need to abort a child because they're fearful.
> Dr. Mel Krajden, B.C. Centre for Disease Control

While a blood test is available for the virus, Dr. Deborah Money, a subspecialist in reproductive infectious disease at B.C. Women's Hospital who was also at the meeting, warned that it is not always reliable.

Since the infection is closely related to dengue or yellow fever, the blood test may yield a false positive if a woman has been infected or received a vaccine against those viruses.

While scientists at the B.C. Centre for Disease Control work to improve accuracy of the blood test, she said physicians would not be relying on it exclusively.

Rather, they will use other diagnostic tools, including ultrasound, to determine if a pregnant woman has been infected and whether her baby is growing properly.

While he recognizes that pregnant women may be nervous or fearful of Zika, Krajden said blood tests and repeated ultrasounds might also cause unnecessary stress for an expectant mother.

He emphasized that the risk of the virus circulating in this province is very low, and that the link between Zika and microcephaly also hasn't been confirmed.

Still, Krajden stressed that physicians in B.C. are doing everything they can to ensure pregnant women get the right advice.

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Wiarton Willie and Shubenacadie Sam can't agree on whether we should expect an early spring.

City, feds could link up on $750M housing deal

AFFORDABLE LIVING

Robertson flies to Ottawa to meet with PM

Matt Kieltyka
Metro | Vancouver

The City of Vancouver is willing to put up 20 building sites if the federal government agrees to invest $500 million into affordable housing.

Mayor Gregor Robertson has travelled to Ottawa to meet with Prime Minister Justin Trudeau and Liberal ministers this week.

His visit includes a pitch for the city to offer $250 million worth of land if the federal government invests $500 million into social housing over a five-year period.

Robertson said the plan would build 3,500 units of affordable housing — a mix of welfare-rate, social and market housing — and create 5,000 construction jobs.

"There's a big housing shortage in Vancouver," said Robertson on Tuesday, ahead of his trip to the nation's capital. "It's a challenge. The market is so strong right now and it has been for many years. There doesn't seem like there's an end in sight. We're producing a lot of new housing, a lot of new job space, but the market is continuing to outpace that. If we can build out 20 sites, 3,500 new units, that's a significant supply."

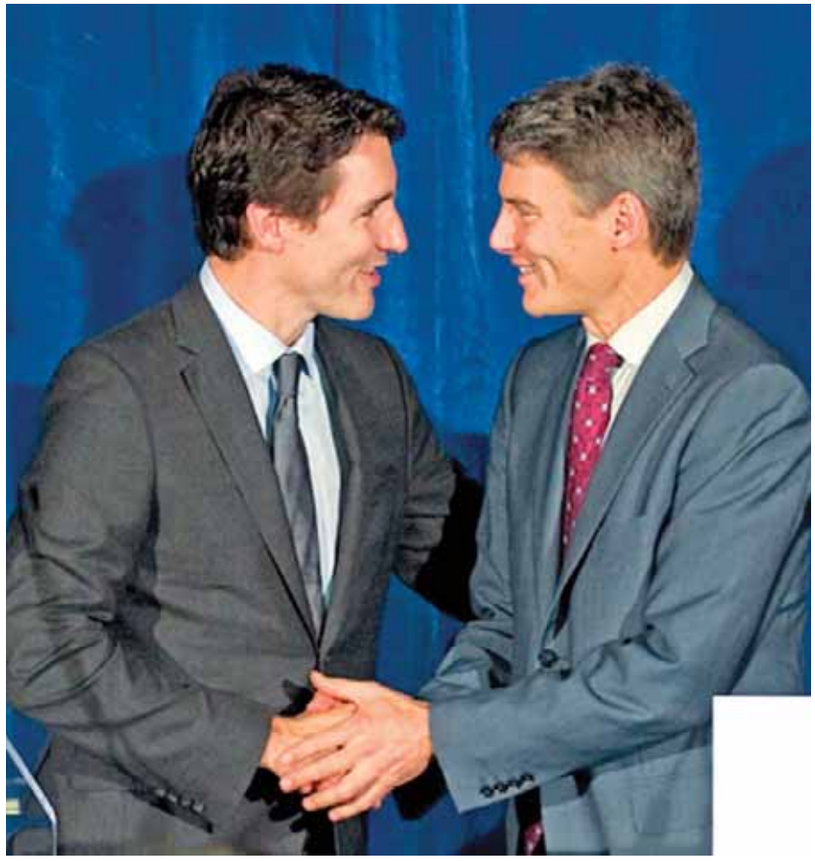
Robertson said the plan — which includes city-owned lots mainly in downtown Vancouver, the Downtown Eastside and the river district in south east Vancouver — is the biggest housing proposal a municipality has ever made to the federal government.

The Liberals have promised $20 billion in funding for social infrastructure, including housing, but are still deciding how, and when, to spend that money.

"We've certainly heard positive sounds from the federal government. They've talked a lot about the need for affordable housing," said Robertson. "We're not sure how much of that $20 billion, and how fast it will move, (goes into) housing but we're feeling good that there's a receptive federal government."

> **We've certainly heard positive sounds from the federal government.**
> Gregor Robertson

Robertson said the plan would also need buy-in from the provincial government.



Justin Trudeau and Gregor Robertson meet in December 2015. JENNIFER GAUTHIER/METRO FILE

IN BRIEF

Byelection results online
Polls closed Tuesday night in a pair of provincial by-elections in Vancouver-Mount Pleasant and Coquitlam-Burke Mountain. Results were announced after Metro's print deadline. Visit metronews.ca for full results and coverage. METRO

Man faces two impaired driving charges
A 30-year-old man faces charges of impaired driving by drugs, causing bodily harm, in connection to two separate collisions in Abbotsford on Monday.

Police were called to the 30700 block of Cardinal Avenue at 4:30 p.m. after a 19-year-old woman was struck by a pick-up truck and pinned underneath.

She was airlifted to a Vancouver-area hospital with serious injuries but made "remarkable progress" and was listed in stable condition.

The driver remained at the scene. Police learned of another accident a few minutes earlier, saying both collisions involved the same truck. METRO

Animal cruelty charges laid
The SPCA has seized more than two dozen animals from a Winlaw-area farm.

Crown lawyers charged John Vieira with three counts of animal cruelty. Animals were taken into care and presented as evidence to prosecutors.

SPCA said the carcasses of horses, a bull and a goat were also found on the property. THE CANADIAN PRESS

SURREY

Mounties investigating sex assault case

Thandi Fletcher
Metro | Vancouver

Mounties are investigating after a woman was violently sexually assaulted and stabbed in Surrey's City Centre neighbourhood early Tuesday morning.

Around 2 a.m., police said they were called to the 13,200-block of 105 Avenue after residents heard a woman screaming.

Police said the investigation shows that a woman met an unknown man and walked into a secluded walkway.

The man then allegedly sexually assaulted the victim before stabbing her and fleeing the scene, according to police.

A nearby Good Samaritan drove the woman to the hospital, where she is recovering with serious but non-life-threatening injuries, police said.

Police are describing the attacker as black with a slight build, five feet 10 inches to five feet 11 inches tall, and about 30 years old. He speaks with a slight accent. He was wearing black pants and a black hoodie.

"We do not believe there is a risk to the general public," Surrey RCMP spokesman Cpl. Scotty Schumann said in a statement.

"However, we are warning vulnerable and at-risk women to be mindful of their personal safety. Our investigators will be working very hard to identify this suspect and bring him before the courts."

Anyone with information about the incident is asked to contact Surrey RCMP at 604-599-0502 or Crime Stoppers, if they wish to remain anonymous, at 1-800-222-8477.

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Some families are forced to sacrifice daily essentials to surf the web, according to a new report.
JONATHAN HAYWARD/ THE CANADIAN PRESS

Food, rent or Internet

ACCESS

Digital divide puts have-nots further behind

Matt Kieltyka
Metro | Vancouver

Low-income families have to cut back on food and rent budgets to afford the Internet, according to a new report.

ACORN Canada, an advocacy group for low- and moderate-income residents, polled almost 400 of its members and found that more than half (58.9 per cent) of respondents said they can't really afford high-speed Internet but cut from their food, recreation or rent budgets because they need access to the web or risk being left behind in an increasingly digital age.

"It's an access issue," said Noel Oullette, co-chair of ACORN's New Westminster chapter. "People need high-speed Internet to apply and look for work. Students need it for homework. Government websites contain forms people need to access. Spending hours at a library or coffee shop (for public Internet) puts people at a disadvantage when they don't have home Internet access."

So instead of falling further behind the so-called "digital divide," Oullette said many families are forced to sacrifice on essentials.

Seventy one per cent of survey respondents admit to cutting back on their food budget to stay connected.

Members of ACORN rallied outside the Canadian Radio-television and Telecommunications Commission (CRTC) offices in Vancouver Tuesday to lobby for a subsidized $10/month Internet plan for qualifying low-income families.

The federal regulatory agency is conducting a review of basic telecommunications services.

Oullette noted the CRTC's own report last year showed that only 59 per cent of low-income households in Canada had home Internet access, compared to 98 per cent of the highest income households.

He said it's positive the CRTC were undertaking a review of Internet pricing and availability in Canada but urged them to listen to what "we, the little people, have to say."

As part of its review, the CRTC will hold public hearings on the country's telecom services in April. The deadline for applying for intervenor status or to appear at the hearings is Feb. 8.

The CRTC says it has received more than 15,000 responses so far to its questionnaire on broadband services, which runs to Feb. 29.

> People need high-speed Internet to apply and look for work.
> Noel Oullette

B.C. invests $34M in genomics research

SCIENCE

Money to help pilot project on diagnoses of genetic disorder

Thandi Fletcher
Metro | Vancouver

The B.C. government has announced $34 million in funding for genomics research, including a project that could help speed up the time it takes for doctors to accurately diagnose babies born with some genetic disorders.

Health Minister Terry Lake announced the funding Tuesday at B.C. Women's Hospital, where the funding will benefit RAPIDOMICS, a $400,000 pilot project led by research organization Genome BC that aims to introduce the use of rapid exome sequencing in the neonatal intensive care unit to help doctors quickly diagnose babies with genetic disorders, such as neurological problems and malformations.

Rapid exome sequencing, a technique for sequencing the protein-coding genes in a genome, can allow doctors to receive lab results for genetic testing within five to seven days— a process that would typically take weeks or months.

"The RAPIDOMICS project is one that I think all of us can really associate with as parents," Lake told reporters at a news conference.

"You can imagine being a parent in the neonatal intensive care with … something serious going on. What used to take weeks may take five days with this kind of investment."

B.C. Health Minister Terry Lake, left, talks to Dr. Jan Christilaw after a news conference Tuesday **announcing funding for genome sequencing to identify genetic disorders in newborns.**
THANDI FLETCHER/METRO

> **What used to take weeks may take five days with this kind of investment.**
> Dr. Jan Christilaw

Currently, rapid exome sequencing is not routinely available in B.C. Genome BC hopes the pilot project will help evaluate whether the technology should be expanded to help sick babies in other hospitals.

Dr. Jan Christilaw, an obstetrician and VP for provincial women's and newborn health at the Provincial Health Services Authority, said neurological disorders are among the leading causes of infant mortality in B.C. and around the world.

"If we didn't have this type of technology available, these are the types of babies that might require five or six CT scans, five or six MRIS … to try to get the same diagnosis, that we can now do … with a single drop of blood," she said. It's pretty amazing to think about how far that takes us down the road."

The province's funding will also support other Genome BC projects including cancer research in hereditary and childhood cancer, and infectious disease projects on HIV, tuberculosis, hepatitis C and Avian flu.

WILDLIFE

Beavers calling Vancouver home

A pair of buck-toothed homemakers is having more luck than most getting a toehold in Vancouver's red-hot real-estate market after snagging an enviable piece of waterfront property.

A beaver couple has bid adieu to the bucolic marshes of British Columbia's hinterland and taken up residence in the heart of the city's bustling downtown.

The Vancouver Park Board. board has voted in favour of restoring or enhancing 12 hectares of natural land throughout Vancouver by 2020, in addition to the 13 hectares already restored, in order to allow for novel habitats for fish, birds, plants and mammals.

The plan is part of the board's new biodiversity strategy.

THE CANADIAN PRESS

No. VLC-S-S-159942, Vancouver Registry

IN THE SUPREME COURT OF BRITISH COLUMBIA

BETWEEN: SNOWBIRD OWNERS MANAGEMENT LTD.

PETITIONER AND:
CHEN LIANG TAO and GANG LI
RESPONDENT

ADVERTISEMENT
To: Respondent, GANG LI.

TAKE NOTICE THAT on 26/01/2016 an order was made for service on you of an Order issued from the Vancouver Registry of the Supreme Court of British Columbia, Canada in proceeding number VLC-S-S-159942 by way of this advertisement.

In the proceeding, the Petitioner claims the following relief against you:

1. The amount due and owing under Sublease GD101635 ("Sublease") was $10,605.08 as of May 31, 2015, including the two (2%) per cent interest (the "Debt"), together with the Petitioner's costs of this proceeding assessed as party and party costs.
2. The Petitioner may apply for any further accounting of any amounts that become due and owing to the Petitioner and pay to the Respondent eighty percent (80%) of the net proceeds of such sale if any.
3. The Property is to be vested in the Petitioner pursuant to paragraph 8.2 of the Sublease and be subsequently sold by the Petitioner.
4. The Petitioner shall have conduct of the sale with all necessary accounts, directions and enquiries be taken.
5. The Sublease made between the Petitioner and the Respondent shall be cancelled.

You must file a response to petition within the period of 21 days after publication of this advertisement as required under the Supreme Court Civil Rules failing which further proceedings, including judgment, may be taken against you without notice to you.

You may obtain, from the Vancouver Registry, at 800 Smithe Street, Vancouver, BC V6Z 2E1 a copy of the Order providing for service by this advertisement.

This advertisement is placed by Petitioner, Snowbird Owners Management Ltd. whose address for service is: I. Stanley Osobik, Crease Harman LLP, 800 -1070 Douglas Street Victoria, BC V8W 2S8
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Members of Vancouver's Heavy Urban Search and Rescue team practise extracting a person trapped under heavy items in an earthquake during a drill. EMILY JACKSON/METRO

B.C. financially prepped for quake

FUNDS

Millions set aside, scientists say chance of disaster is slim

Perceived public apathy towards the threat of a major earthquake off Canada's West Coast hasn't stopped governments across southwestern B.C. from quietly earmarking millions of dollars for seismic upgrades and construction in anticipation of the "Big One."

Much of the work is being done incrementally — retrofits dovetailing with routine maintenance, schools being renovated one by one and new construction projects being subject to updated quake-resistant requirements.

Engineer and seismic specialist John Sherstobitoff praised the province on its disaster preparedness, saying the government has learned from the responses of other jurisdictions to earthquakes.

"We're doing pretty well," said Sherstobitoff, who works for global engineering firm Ausenco. "We're doing reasonably well for a province that hasn't had a major, damaging earthquake in this generation."

Scientists have determined the likelihood of another serious quake happening in the next 50 years is one in 10.

Pressure between the two undersea plates of the Cascadia subduction zone, located off Vancouver Island, has been building since the slabs last slipped in a major way in 1700. The ensuing megathrust quake decimated the Pacific Northwest coastline and sent a four-storey tsunami on a nine-hour journey across the ocean before it plowed into Japan.

The occurrence of such a calamitous event nowadays has the potential to destroy not only human life but also the province's pocket book, says the Insurance Bureau of Canada.

It released a report in 2013 that estimated the economic impact of a 9.0-magnitude earthquake hitting B.C. would be a staggering $75 billion.

In the meantime, governments continue to prepare.

The City of Vancouver replaces about 0.5 per cent — or six kilometres — of its water mains a year, switching out brittle cast-iron material with a more resilient ductile iron.

> **We're doing reasonably well for a province that hasn't had a major, damaging earthquake in this generation.**
> Seismic specialist John Sherstobitoff

Vancouver is also in the process of assessing its 560 municipal buildings for seismic upgrades. It has whittled down the list to 56 and a city spokesman said the final cut is expected sometime next year.

Portions of city hall are undergoing earthquake upgrades.

Across B.C., $2.2 billion in provincial funding has been spent or committed to upgrade or replace 214 of the 342 schools deemed at risk in an earthquake.

THE CANADIAN PRESS

EARTHQUAKES IN CANADA

1. There were 265 earthquakes in and around the country to Jan. 28 of this year, ranging from a barely detectable 0.0-magnitude shake in Quebec to a 4.4-magnitude tremor in the Rocky Mountains.
2. Despite the abundance of ground-shaking incidents, only three earthquakes were reportedly "felt."
3. With 169 events from Jan. 1-28, British Columbia is far and away the leader when it comes to sheer number of quakes.

Auditor General Michael Ferguson speaks at a news conference in Ottawa on Tuesday. THE CANADIAN PRESS

Audit finds problems

HEALTH AUTHORITY

Anonymous letter alleged misconduct by senior officials

The First Nations Health Authority in B.C. has numerous problems with executive hiring, compensation and conflict of interest, a report by Canada's auditor general says.

Michael Ferguson's office was conducting a study of the health authority in the fall of 2014 when it received an anonymous letter outlining several allegations including workplace misconduct by senior officials.

A report released by the office Tuesday said the authority became the subject of an audit in the midst of the study that was launched in October 2013.

It said the country's only such health authority was not transparent about the amount of money it spent on professional and service contracts, hospitality and travel or senior executives' salaries.

The letter also raised questions about hiring practices, prompting auditors to review 14 personnel files.

"We found that evidence was limited, in most of these files, to demonstrate that the most qualified candidate was the one hired," the report said.

Three of the 14 positions were publicly posted, resumés showing the candidate had the required qualifications were found in six of the files, and background checks were done on three of the employees, the report said.

While the health authority had established an accountability and governance model, the report said it didn't meet its own requirements.

"We found gaps in the policies we examined pertaining to conflict of interest, recruitment, personnel security, administrative investigations, financial information and disclosure, and employee relocation," the report said.

A policy requiring staff to disclose whether they had conflicts of interest involving personal or family relationship was not followed even though such disclosure was a condition of employment, the report said.

The agency, which employs 500 people, also had no documentation to justify considerable variation in senior management employment agreements, it said.

As for an allegation involving workplace misconduct by senior officials, the report stated that authority officials said no such incidents were brought forward.

"However, we found that the authority had completed no documentation setting out steps taken, including whether it had conducted any additional investigation beyond asking managers whether these incidents had taken place."

THE CANADIAN PRESS

HOUSING MARKET

January sales, prices set searing pace

January was another sizzling month for real-estate sales and prices across Metro Vancouver.

Statistics from the Real Estate Board of Greater Vancouver show that last month was the second-busiest January on record as residential property sales in the region jumped nearly 32 per cent compared with the same January last year.

The board said there were 6,635 listings available last month, placing upward pressure on the market. The year before there were almost 11,000 homes up for sale.

"Fundamental economics are driving today's market. Homebuyers demand is at near-record heights and homeseller supply is as low as we've seen in many years," said board president Darcy McLeod.

The board said the estimated price of an average home across Metro Vancouver leaped nearly 28 per cent to just under $1.3 million from January 2015.

$3 million

The estimated price of an average home on Vancouver's west side.

The price for a similar property on Vancouver's west side neared $3 million, a 25 per cent increase over the same period.

The price of apartments and townhomes also jumped. The benchmark price for an apartment rose 19.4 per cent from the year before to $456,600. Townhomes prices increased 16.4 per cent to $563,700.

The board's sales-to-active-listing ratio for the start of 2016 is 38 per cent. Analysts say downward pressure on home sales comes when that ratio dips below 12 per cent.

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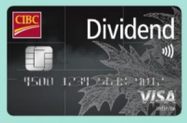

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Flirtatious emails were 'bait': Witness

GHOMESHI TRIAL

Letters sent after alleged attack emerge, stir courtroom

A woman who testified that she went to great lengths to avoid any contact with Jian Ghomeshi after he allegedly attacked her acknowledged during intense cross-examination on Tuesday that she sent him flirtatious emails long after their encounters.

In a dramatic development that set the courtroom on edge, Ghomeshi's lawyer produced two emails that appeared to contradict the woman's statements that she had been so traumatized by what happened, she'd even turn off the TV or radio when he came on.

The first email was written in January 2004, about a year after she said he had yanked her to the floor by the hair during a "sensuous" kiss in his living room and then punched her in the head.

"Good to see you again! Your show is still great," it says.

She goes on to provide a website address for him to watch a video of her "when you take a break from plowing snow naked," gives her email address and phone number and asks him to get in touch.

Defence lawyer Marie Henein, known for her no-holds-barred cross-examinations, pounced.

"You're now inviting the man who traumatized you to get in touch with you?" she asked incredulously.

"The email was bait," the witness responded. "It was bait to call me so I could get an explanation as to why he would violently punch me in the head. I had no interest in him."

Six months later, she sent a second email, also shown to the court. She writes she had been watching a show of his. Attached was a revealing bikini photo of her on the beach.

"I wanted him to call me," she explained. "I sent a photograph, again, as bait."

The emails were the climax of a relentless cross-examination that Henein began Monday as the lawyer poked holes in the woman's testimony and exposed inconsistencies in her various statements to police, the media and court.

In a statement released after her testimony, the woman said going to court and facing Ghomeshi had been "extraordinarily difficult" but worth it.

The trial continues Thursday after the Crown said there had been witness scheduling issues.

THE CANADIAN PRESS

Jian Ghomeshi leaves a Toronto courthouse after the second day of his sexual-assault trial on Tuesday.

FRANK GUNN/THE CANADIAN PRESS

REPORT

Military ill-prepared for peacekeeping bid

The Trudeau government has promised to get Canada back into the peacekeeping business, but a new report from two independent think-tanks says the military is ill-prepared for the task.

The study by the Rideau Institute and the Canadian Centre for Policy Alternatives was penned by Walter Dorn, a professor at the Canadian Forces Staff College and one of Canada's leading experts in peacekeeping.

For the last decade, he says, the army has specialized in counter-insurgency warfare because of the combat mission in Kandahar, and other skill sets — once second-nature to Canadian training — were relegated to the back burner.

Dorn says the complexities of modern peace operations require in-depth training and education, on subjects including the procedures, capabilities and limitations of the United Nations.

He says Canada is currently far behind other nations in its readiness to support the United Nations and train for modern peacekeeping.

THE CANADIAN PRESS

PRIVACY BREACH

Tax agency doesn't know what information leaked

The federal revenue agency says it doesn't know what sort of taxpayer information a rogue employee improperly shared with the Canadian Security Intelligence Service (CSIS) because CSIS has wiped the files from its database.

The Canada Revenue Agency said the employee who handed over the sensitive data — doing so even though CSIS lacked a judicial warrant — is no longer with the department.

The agency refused to disclose whether the person was fired or left voluntarily, citing privacy reasons.

THE CANADIAN PRESS

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OLD FOES

Cruz's debate style 'hasn't changed very much': PM

Here's a lesser-known connection between the winner of this year's first U.S. presidential contest and the home and native land of his birth: Canada's prime minister recalls debating Ted Cruz.

The Calgary-born, Texas-bred senator who stormed out of the gate Monday with a win in Iowa's Republican caucuses was once a stellar university debater, ranked No. 1 in the U.S.

Cruz's opponents included a contemporary from Montreal — a prime minister's son and prime-minister-to-be who decided to get involved with the debate club at the urging of friends at McGill University.

Justin Trudeau first publicly referred to that old encounter during a speech early last year when he was still leader of Canada's third party, and the senator had yet to announce his presidential bid.

Trudeau told a group of fellow McGill alumni that he'd dabbled in debating and had once gone up against Cruz in a tournament at Yale, adding dryly: "He hasn't changed very much." THE CANADIAN PRESS

DONORS CONFERENCE

EU seeks more funds to ease Syrian crisis

Canada is being asked to double its financial assistance to help ease the humanitarian crisis brought on by the nearly five-year-old Syrian civil war.

The request from the British, German and Norwegian governments comes ahead of a major donors conference the three are hosting in London on Thursday. It is on the table as the Liberal government considers what role Canada will play in the fight against the Islamic State of Iraq and the Levant, now part of the Syrian war as well.

Humanitarian and development support will be key to this plan and International Development Minister Marie-Claude Bibeau will be on hand in London to stress that point, following visits to Lebanon and Jordan this week to assess existing efforts.

THE CANADIAN PRESS

RACCOON ON BOARD TORONTO SUBWAY RIDERS PESTERED DURING MORNING COMMUTE Riders look at a raccoon on a subway car in Toronto on Tuesday. The raccoon was first spotted at around 8 a.m. on a southbound train heading toward the city's Spadina Station. THE CANADIAN PRESS/TWITTER (@TMARAYEVA)

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Clinton wins close caucus vote in Iowa

U.S. PRESIDENTIAL RACE

Sanders won't seek recount despite record narrow defeat

Hillary Clinton barely won the Democratic caucuses in Iowa, outpacing a surprisingly strong challenge from Bernie Sanders to claim the first victory in the 2016 race for president.

The former secretary of state, senator from New York and first lady edged past the Vermont senator in a race the Iowa Democratic Party called the closest in its caucus history.

The Iowa Democratic Party said Tuesday that it would not do any recount of the close results. Sanders spokesman Ted Devine said his campaign does not have "any plan or intention" to challenge the results, citing Sanders' comments from Monday that the race appears to have ended in "a virtual tie."

Bernie Sanders and Hillary Clinton went head-to-head Monday in Iowa's caucus vote. Clinton defeated Sanders by a thin margin, giving her momentum before the New Hampshire vote on Feb. 9. JOHN MINCHILLO/THE ASSOCIATED PRESS; ELISE AMENDOLA/THE ASSOCIATED PRESS

Even a narrow victory for Clinton over an avowed socialist could complicate her quest for the nomination. But Clinton has deep ties throughout the party's establishment and a strong following among a more diverse electorate that will play a larger role in primary contests beyond New Hampshire, where Sanders is favoured.

Clinton, who entered the race as the heavily favoured frontrunner, was hoping to banish the possibility of dual losses in Iowa and in New Hampshire. Two straight defeats could set off alarms within the party and throw into question her ability to defeat a Republican.

Sanders, for his part, was hoping to replicate President Barack Obama's pathway to the presidency by using a victory in Iowa to catapult his passion and ideals of "democratic socialism" deep into the primaries. He raised $20 million during January and hoped to turn an Iowa win into a fundraising bonanza.

Clinton's victory in Iowa means she will collect 23 delegates and Sen. Bernie Sanders will win 21. With her advantage in super-delegates — the party officials who can support the candidate of their choice — Clinton now has a total of 385 delegates. Sanders has 29.

It takes 2,382 delegates to win the Democratic nomination for president.

Former Maryland Gov. Martin O'Malley formally ended his quest for the Democratic Party's nomination. THE ASSOCIATED PRESS

HEALTH

Zika virus sexually transmitted in Texas

A person in Texas has been infected with the Zika virus after having sex with an ill person who had returned from a country where the disease was present, Dallas County health officials said Tuesday.

It's the first case of the virus being transmitted in the U.S. during the current outbreak of Zika, which has been linked to birth defects in the Americas. Dallas County Health and Human Services said it received confirmation of the case from the U.S. Centers for Disease Control and Prevention.

Health officials did not release any details about the Texas patient, citing privacy issues. In a tweet, Dallas health officials said the first person infected had been to Venezuela, but did not detail when that person or the second person was diagnosed.

The Zika virus is usually spread through mosquito bites, but investigators have been exploring the possibility the virus also can be spread through sex.

"That gives you the plausibility of spread, but the science is clear to date that Zika virus is primarily transmitted to people through the bite of an infected mosquito," Dr. Anne Schuchat of the CDC said during a recent news conference about Zika.

In the epidemic in Latin America and the Caribbean, the main villain identified so far is called Aedes aegypti — a species of mosquito that spreads other tropical diseases. It is found in the southern United States, though no mosquito-borne transmission has been reported in the continental United States to date.

The World Health Organization on Monday declared a global emergency over the rapidly spreading Zika virus, saying it is an "extraordinary event" that poses a threat to the rest of the world. THE ASSOCIATED PRESS

VACCINE

Drugmaker Sanofi Pasteur said Tuesday it is launching an effort to research and develop a vaccine to prevent the Zika virus, after the World Health Organization declared a global emergency over its explosive spread across the Americas.

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Cabbies target feds

SHARING ECONOMY

Protest against Uber comes as regulator OK's insurance

Haley Ritchie
Metro | Ottawa

UBER DESTROYS FULL-TIME JOBS
AND "CREATES" PRECARIOUS BELOW-MINIMUM WAGE JOBS
PRIVACY POLICY:
UBER KEEPS ALL USERS' PRIVATE AND PERSONAL DATA!!!

Cabbies protest against the ride-sharing service Uber during a rally Tuesday on Parliament Hill in Ottawa. THE CANADIAN PRESS

Taxi drivers from Toronto and Ottawa gathered Tuesday on Parliament Hill to call on the federal government to shut down ride-sharing company Uber.

"Parliament Hill is a national stage, and Uber is a national issue," said Amrik Singh, president of the Ottawa chapter of Unifor, which represents taxi drivers in the city.

"The municipalities are struggling to control Uber. They just don't have the resources. That's why we want the federal government to get involved," said Singh.

Drivers who came from Toronto estimated their turnout to number around 400, but guards on Parliament Hill said the total crowd was likely around 350 to 400 people.

Drivers and their unions say the ride-sharing company is eating into profits and not paying the same taxes and fees.

While many cities, including Ottawa, have committed to reviewing bylaws, drivers from both cities say not enough is being done.

"We believe the municipal level of government (and) the provincial level are not doing what they should be doing," said Karam Bunian, a taxi driver at Toronto's Pearson Airport who bused to Ottawa.

He said the Canada Revenue Agency should be investigating whether Uber drivers are paying proper HST. The crowd repeatedly called on the prime minister to intervene to protect "middle-class jobs."

Meanwhile, Ontario's insurance regulator has approved coverage for drivers using ride-hailing services such as Uber, even as the province's legislature has yet to decide if such services are legal. The Financial Services Commission of Ontario gave Aviva Canada the green light to offer coverage for drivers carrying paying passengers in their own vehicles.

WITH FILES FROM THE CANADIAN PRESS

TRANS MOUNTAIN PIPELINE

Oil industry group blasts opponents

A vice-president at the Canadian Association of Petroleum Producers has lashed out at opponents of the Trans Mountain pipeline review process, calling much of the criticism "shameful" and "abusive."

Nick Schultz was first up Tuesday as a three-member panel weighing the multibillion-dollar project began hearing oral arguments from interveners in Calgary.

> **You have been subjected to unfair criticism.**
> Nick Schultz

"In the course of this long process, you have been subjected to unfair criticism — systematic abuse, in fact — from some who simply want no oil pipeline ever anywhere," said Schultz, vice-president and general counsel at CAPP.

"We should not shy away from calling this abusive behaviour what it is: it is shameful. No reasonable process — old or new — will satisfy people with that as their objective."

Two weeks of oral arguments from interveners in Burnaby, B.C. — the end point of the proposed pipeline — wrapped up on Friday. Kinder Morgan is aiming to triple the amount of crude it currently ships from the Edmonton area to the Vancouver area, with the goal of shipping more oil to Asia.

THE CANADIAN PRESS

market minute

DOLLAR
71.29¢ (–0.50¢)

NATURAL GAS: $2.025 US (–12.7¢)
DOW JONES: 16,153.54 (–295.64)

TSX
12,442.26 (–232.11)

OIL
$29.88 US (–$1.74)

GOLD
$1,127.20 (–80¢)

DRUGMAKERS

Shkreli to take the Fifth in U.S. Congress questioning

Former pharmaceutical CEO Martin Shkreli said he'd like to "berate" and "insult" Congress — but instead will take the Fifth Amendment during questioning on Thursday.

The former Turing Pharmaceuticals CEO, who's reviled for hiking the price of a lifesaving drug, spoke Tuesday on Fox Business.

Meanwhile, federal lawmakers have released excerpts from thousands of documents detailing how two drug makers hiked prices to squeeze more revenue from some life-saving medicines, a practice that has recently sparked public outrage.

THE ASSOCIATED PRESS

WESTJET

Low loonie reversing cross-border travel

WestJet Airlines says the low loonie is prompting a role reversal in cross-border travel with more Americans heading north to catch flights and fewer Canadian travellers heading south to U.S. airports.

Officials at Bellingham airport in Washington state say traffic from nearby Vancouver was down 14 per cent last year, while activity at Vancouver International Airport grew five per cent.

And while the Calgary-based airline doesn't have national figures, it believes the number of Canadians boarding flights at airports in Plattsburgh and Buffalo, N.Y., along with Burlington, Vt., are also down.

"We're told that we have licence plates coming the other way now to fly out of Canadian airports, which is quite ironic," said Bob Cummings, executive vice-president, marketing, sales and guest experience.

About 5.5 million Canadians have crossed the U.S. border annually in recent years until a 40 per cent drop in the Canadian dollar wiped out much of the financial advantage. "It's great to see Canadians flying from home and WestJet is benefiting from that," CEO Gregg Saretsky said during a conference call about the fourth-quarter and 2015 results.

WestJet is also taking advantage of the low loonie to offer fares that are encouraging Americans to fly through Canada next summer when it introduces wide-body service to London's Gatwick airport.

THE CANADIAN PRESS

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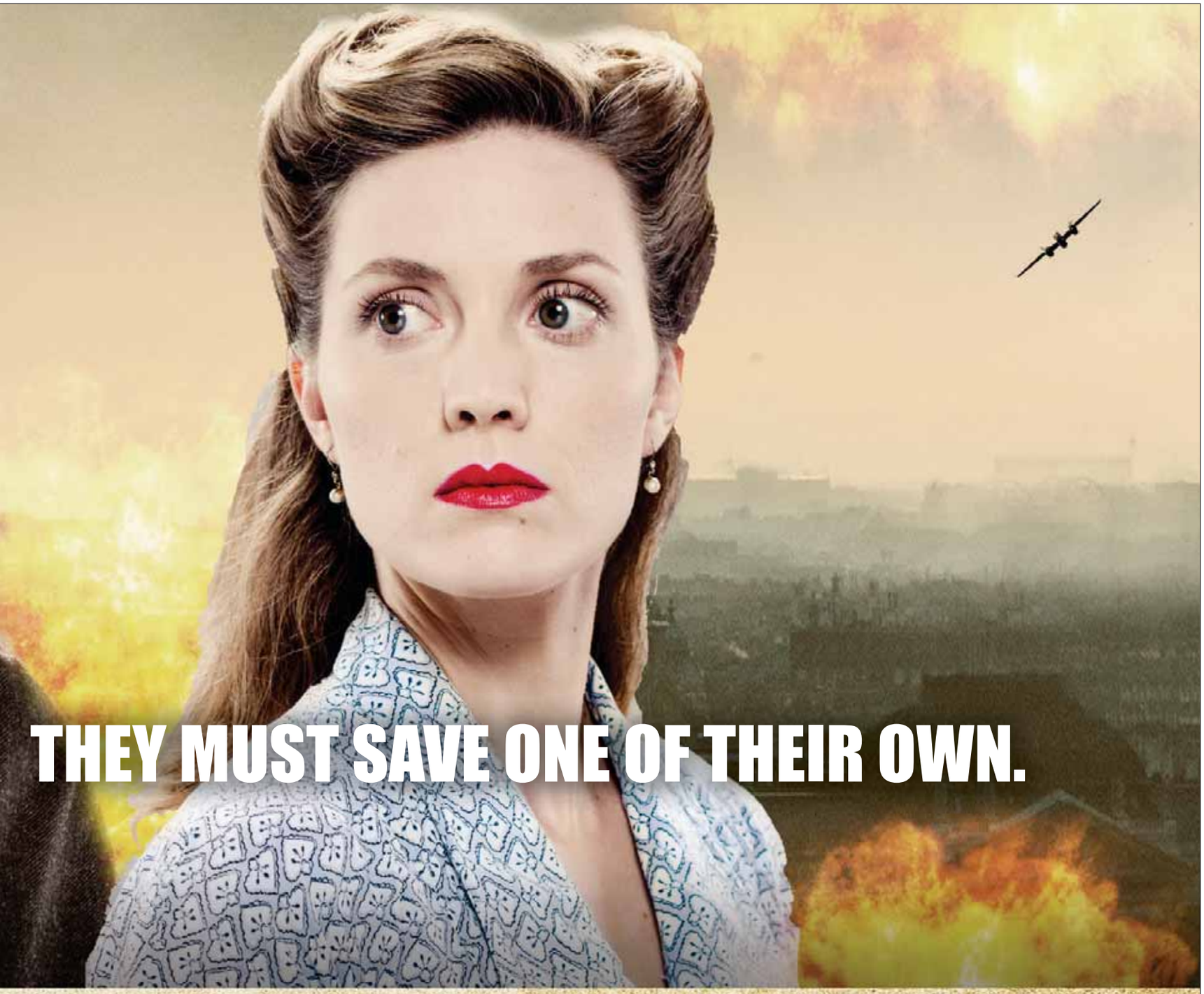

ALL-NEW EPISODE

TONIGHT 9

metro VIEWS
Your essential daily news
Wednesday, February 3, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I feel like a lot of transit riders don't know how to behave properly. Maybe you could provide a few reminders?

Dear Ellen,
I know you've written about transit etiquette before. But I feel a lot of riders still don't know how to behave properly. Maybe you could provide a few reminders?
Michael, Toronto

Dear Michael,

After a recent, bruising experience on Toronto's Spadina streetcar, I am more than happy to oblige.

It was during rush hour. The car was fully crowded, and I was stuck standing halfway down the aisle, on the circular, moving floor plate that allows extra-long streetcars to swivel around curves and corners.

Beside me was a young man wearing a gigantic pack, which he should have taken off and held in front of him, or set on the floor, as per proper transit etiquette. Instead, he kept the pack securely fastened to his back, and monopolized the only available pole while heedlessly battering everyone around him.

As his nearest target, my noggin was treated to a near-concussive thump every time the streetcar jostled me within striking range. The impacts increased in both frequency and severity as the hinged car navigated around the roundabout at Spadina Crescent. As I repeatedly attempted a cartoonish scramble away from the vicious backpack, the moving floor plate simply flung me face-first into it over and over again. At a certain point, I was tempted to go with the flow and throw my whole weight into the backpack and attached owner. But I reminded myself that retaliating to rudeness with physical aggression would show a distinct lack of manners on my part.

So, with "remove your backpack" as rule No. 1, let's review some other points of transit etiquette:

Turn down your music: Even if by some bizarre chance we like the song you're playing, we don't want to listen to it bounced off your waxy ear canals via your leaky headphones.

Don't eat anything the rest of us can smell or hear: Discreetly nibbling raisins or a quiet muffin is one thing. Munching, slurping and crunching noisy snacks or squirty pungent sandwiches is strictly verboten.

Respect boundaries: Enjoy your seat if you have one. But please don't assume you're also entitled to spread your belongings or limbs across the seat beside you. Contrary to popular belief among some leg-spreaders, your knees are not allergic to each other. Seriously, knees can come well within 10 inches of each other without causing injury to any nearby organs.

Control your hoods: You may not realize it, but your big, fat parka hood takes up space. When you're sitting back-to-back with another rider, make sure your head gear isn't draped over the seat onto someone else's head.

That goes for big, fat hairdos too: Few things are more disconcerting than feeling someone else's hair spongily surround your own head or slip-slide down your back collar. I love to look at any kind of hairdo, but I don't want it touching me without prior consent.

Control your groceries: I know it might be fun to watch your bags of food repeatedly smack the head of someone sitting obliviously in a seat that, in the kind of just society where transit-etiquette refresher columns are unnecessary, would have been given up to you and your heavy burden of consumables. But it's still wrong.

Stand up to let people get out of the seat beside you: Don't just swing your legs a few inches to the side in a token effort to make room for a rider getting off before you. Leap to your feet and get out of the way!

There you have it: Not my first transit-rules review, nor, I fear, my last.

Need advice?
Email Ellen:
scene@metronews.ca

HAVE YOUR SAY: RACISM

GETTY IMAGES

Ellen's column last week — giving advice to Ivy, a self-described racist — touched a nerve. We got dozens of emails and tweets; some supportive, others highly critical. Do you have thoughts to add? Send your feedback to scene@metronews.ca.

ROSEMARY WESTWOOD
metroview

Witness 'satisfied' with her testimony. Perhaps Ghomeshi is, too.

Marie Henein, Jian Ghomeshi's lawyer, had paced the wood-panelled courtroom for an hour.

Tuesday, as the day before, she grilled the witness about the incongruous details in her claims that Ghomeshi twice sexually assaulted her in 2002 and 2003.

The witness, whose identity is covered by a publication ban, had told media and police that she had no contact with Ghomeshi after the last alleged assault. She said she didn't even listen to Q because it "re-traumatized" her.

But didn't she testify on Monday, Henein asked, to writing him an email?

"I said I have a recollection of drafting an email in anger," the witness said.

And that turned it. Henein then revealed the most damaging evidence of her withering cross-examination.

First, an email dated January 2004, a year after the last alleged assault, sent at 3 a.m.

"hello Play>Boy," it reads, a reference to the TV show Ghomeshi had hosted. "Good to see you again!" She offers her phone number.

Then another, sent six months later around 2 a.m., with a photo of the witness in a string bikini. In court, everything needs an explanation: Why did you say one thing to one person, and something else to another? Why did you send that email? Why did you see that man again? The explanations need to make sense. They better be rational. The burden of proof is high.

"Are you now prepared to admit that you have lied under oath?" Henein asked.

"No."

The witness explained the emails were a kind of bait: "I wanted Jian to call me, so that I could ask him why did he violently punch me in the head," adding: "I remember (now), reading this."

Memories change, the witness had said, "And as you sit with them you remember more of the peripheral parts ... I didn't sit and script a story."

If she had, it would surely have contained fewer holes.

Henein called the witness's testimony "implausible ... a bikini photo to the man who traumatized you?"

Lying was the theme of the cross-examination. That's not surprising in a sexual assault trial, but the emails and the sexy photo: Those were.

Ghomeshi never called, "Did he?" Henein asked.

"No," the witness said.

In a statement issued later, she said she remains "satisfied" that she came forward: "A weight has been lifted."

Inside the courtroom, one couldn't help but wonder if Ghomeshi, grim and expressionless, had a similar feeling: One down, two to go.

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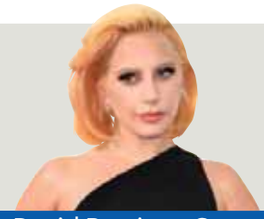

Lady Gaga to perform tribute to David Bowie at Grammys

A month-long food makeover

COOKBOOK

The Whole 30 diet program doesn't allow any slipups

Liz Brown
Metro | Canada

It's now February and reasonable to assume most of us have returned to wine, chocolate and cheese habits following a few weeks worth of New Year's resolutions.

But if you're willing to give your diet goals another go in 2016, you might consider the Whole 30 — a super-strict program that took social media by storm in 2015. Adherents to the eating plan used the #Whole30 hashtag over one million times last year to share recipes and moral support as they navigated a series of eating and behavioural changes outlined in the book.

It's a support network that's needed if you're to embark on the 30-day program, which allows for zero slipups and eliminates most of the consumables that bring us joy: grains, sugar, alcohol, dairy and legumes.

"According to habit research, social support and accountability are huge for people trying to make long-term changes," says Melissa Hartwig, explaining the vast online support system for The Whole 30 program, which includes forums and a blog at whole30.com. Hartwig is co-author of The Whole 30: The 30-Day Guide to Total Health and Food Freedom and has no sympathy for people who say they couldn't possibly give up all of these foods for a month. "You really can't give up sugar for a month? Because if you can't, I suggest you take a look at your relationship with sugar. It's only 30 days, not the rest of your life," she says.

The idea behind the program is to eliminate foods that research shows can be psychologically and physiologically problematic for many people — those foods that cause binging and sensitivities like bloating — and then reintroduce them slowly to see if any have adverse effects.

The idea is you'll also break bad eating habits — like reaching for that 2 o'clock cookie.

"The strictness isn't about a boot camp or a hazing," says Hartwig. "It's more of a food experiment."

For Hartwig, it's about changing behaviours and paying attention to how different foods make you feel on both a physical and psychological level.

"If you come home from a hard day at work and immediately reach for a glass of wine, this will make you consider what else you can do to calm and self-soothe. You're developing new coping skills, which is huge for anything you want to be long-term and sustainable," says Hartwig.

The recipes in the book are delicious, easy and nutrient dense and don't include dairy, grains, sugar or legumes, for anyone with sensitivities to these foods.

I'm still wrapping my head around a month without wine, baguettes and cheese, but recipes like the one below (on p. 344 of the book) are making the Whole 30 program more appealing.

This roasted pork shoulder with butternut squash, kale and tomatoes, serves two (with leftovers). ALL PHOTOS: ALEXANDRA GRABLEWSKI

> **The strictness isn't about a boot camp or a hazing. It's more of a food experiment.**
> Whole 30 co-author Melissa Hartwig

Roasted Pork Shoulder with Butternut Squash, Kale and Tomatoes

Prep time: 10 minutes
Cook time: 3 hours
Total time: 3 hours 10 minutes

Ingredients

- 2 tsp paprika
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 lime, juiced
- 1 1/2 pounds pork shoulder (boneless)
- 1 butternut squash, 1-inch diced
- 1 bunch kale, stems removed, leaves chopped
- 1 cup diced tomatoes

Directions

1. Preheat oven to 300 F. Mix the paprika, chili powder, garlic powder, onion powder, salt, and pepper in a small bowl. Add the lime juice and stir. Place the pork in a Dutch oven or deep roasting pan and coat all sides of the pork with the spice mixture. Add 1 cup of water and cover tightly with a lid or aluminum foil. Cook in the oven, turning the pork shoulder in the pan every 45 minutes.

2. After 2 hours and 15 minutes, add the butternut squash and 1/2 cup of water to the Dutch oven or pan. Cook for 30 more minutes, then add the kale and tomatoes. Place back in the oven for 15 minutes more.

3. Remove the pan from the oven and leave covered until you are ready to serve. With tongs or a slotted spoon, arrange the vegetables on plates, then break the pork apart into generous chunks and place over the vegetables. Spoon the braising liquid from the pan over the pork.

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Snacks Bite size doesn't mean better — don't let small snacks fool you!

PICK THIS

Chipotle Chicken Snack Wrap with Grilled Chicken
(Tortilla, grilled chicken, chipotle barbecue sauce, shredded Monterey Jack & light cheddar cheese, lettuce)

Calories 230
Fat 6 g
Saturated Fat 2.5 g
Sodium 540 mg

SKIP THIS

The Italian McTaster
(Ciabatta bun, Junior Chicken patty, tomato, Parmesan and herb sauce, lettuce, shaved Parmesan)

Calories 370
Fat 18 g
Saturated Fat 4 g
Sodium 810 mg

HERE'S WHY

Equivalent: Same amount of sodium as 6.5 small servings of New York Fries

If you're looking for a quick snack item, McDonald's petite McTasters may seem like a small fast food indulgence. While tiny in size, with its crispy chicken and creamy cheese sauce, it packs full-sized sodium & fat. Opt for a McDonald's snack wrap, with grilled chicken and chipotle barbecue sauce — you'll get 40 per cent less sodium and calories, and three times less fat! Think of it as eating 6.5 small servings of New York Fries — that's bad news for your blood pressure!

Beyoncé's dress sparks online controversy

DEBATE

Coldplay video filmed in India shows singer in classic garb

Beyoncé dons traditional Indian clothes and jewellery in Coldplay's new music video. HANDOUT

Cultural appropriation or appreciation? That's the debate sparked by Coldplay's new music video, shot in Mumbai during the Hindu festival of Holi and featuring Beyoncé dressed in traditional clothes and jewellery, with henna on her hands.

Many accused the British band of using India as an "exotic playground" in the video for Hymn for the Weekend and reinforcing reductive stereotypes about the diverse country.

"If cultural appropriation means that a privileged group adopts the symbols and practices of a marginalized one for profit or social capital, then yes, Coldplay's video is committing cultural appropriation," Rashmee Kumar argued in The Guardian.

The depiction of Hindu practices and symbols in the video — from holy men levitating in robes to children covered in bright powders break-dancing in a slum — is through a white, western lens, Kumar wrote.

And that can "wield real power to reinforce the racial and colonial logics that undergird the way we think about non-western people, places and cultures."

Not everyone was offended by the video, however. "Beyoncé showed India in many ways and made it look beautiful and lovely. She portrayed India excellently. As an Indian, I loved it," one fan commented on Twitter.

"It's a song in the spectrum of joy, celebration and almost drunken abandon, something that no other festival but Holi symbolises for the world's masses," Kunal Anand wrote in the India Times. "The song isn't a 'real India', 'We-are-a-superpower' advertisement — this is Coldplay's own artistic interpretation. And do they make us look bad? No. This is what Mumbai's slums look like, and yet no one is looking filthy, underfed or unwell."

> **This is Coldplay's own artistic interpretation. And do they make us look bad? No.**
> Kunal Anand defends the band in the India Times

Coldplay even tweeted that the song reached number one on the iTunes India chart. "Thank you to the people of India for making us feel so welcome," the band wrote. But Coldplay has been accused of reinforcing cultural stereotypes in the past: in the video for the band's song Princess of China, Rihanna dons a series of Japanese Geisha-like costumes on a set that looks distinctly Chinese. That prompted criticism that Coldplay is not only culturally insensitive, but ignorant, too. Critics also say this isn't the first time India has been used as a stereotype-filled setting for Western artists. In her video for Bounce, Iggy Azalea — who is already strongly criticized for being a white woman from Australia who raps like she's black and from Atlanta — dances in a sari at a wedding in front of a backdrop of Indian women. Azalea also sports a gold headdress as she gyrates atop an elephant in the clip.

Coldplay and Beyoncé are slated to perform alongside Bruno Mars at the Super Bowl halftime show on Sunday, prompting questions about whether they will sing the new track.

"Here's hoping that Coldplay has decided to give their song a different visual cue, rather than trying to make the Super Bowl into a religious festival and a Bollywood extravaganza at halftime," wrote University of Pennsylvania religious and Africana studies professor Anthea Butler.

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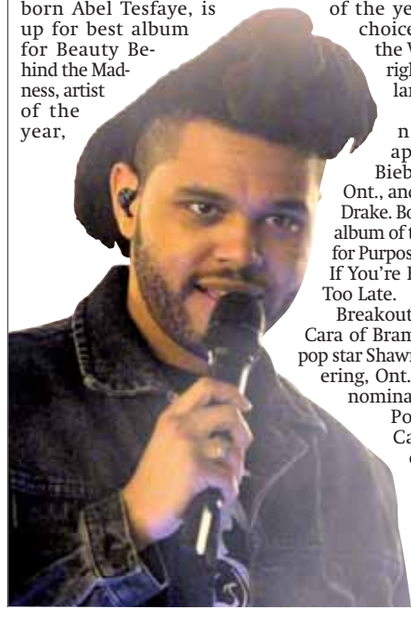
AWARDS

Weeknd leads with six Juno nods



Abel Tesfaye. GETTY IMAGES

After dominating the Billboard charts for many months and landing an Oscar nomination and seven Grammy nods, the Weeknd is now being recognized on home turf with a leading six Juno Award nominations.

The internationally acclaimed Toronto native, born Abel Tesfaye, is up for best album for Beauty Behind the Madness, artist of the year, songwriter of the year and the fan choice award.

Even fellow nominees were captivated by the Weeknd's hold on the music scene at Tuesday's Junos press conference.

"The sky is the limit for him," said Mike (Beard Guy) Taylor of Walk Off the Earth, which is up for awards including group of the year and the fan choice award. "What the Weeknd is doing right now is particularly special."

Next with five nominations apiece are Justin Bieber of Stratford, Ont., and Toronto rapper Drake. Both are also up for album of the year — Bieber for Purpose and Drake with If You're Reading This It's Too Late.

Breakout vocalist Alessia Cara of Brampton, Ont., and pop star Shawn Mendes of Pickering, Ont., each have four nominations.

Pop powerhouse Carly Rae Jepsen of Mission, B.C., who received critical kudos for her album Emotion and just made a splash in Fox's live TV production of Grease, only landed one nomination, for the fan choice award.

The key categories were noticeably weighted towards pop and hip-hop artists, which the Sheepdogs' Ryan Gullen said extends from an ongoing gravitation away from rock music in Canada. The band is up for best rock album.

"We don't make music to get nominations for awards shows," he said. "We make music because we like making music."

The Weeknd, Cara, Mendes, Bryan Adams and Dean Brody will be among the performers at the Juno Awards, which will air live from Calgary on CTV on April 3.

Other album of the year nominees include Mendes for Handwritten and francophone Jean Leloup for A Paradis City. Bieber, Drake, Mendes and the Weeknd are also nominated for artist of the year along with City and Colour.

Last year was a record-breaker for Canadian performers. Before Adele landed with Hello, the Weeknd, Bieber and Drake monopolized the top few spots on the Billboard singles chart, where Canadians rarely hit No. 1. Cara and Mendes also cracked the Top 10.

THE CANADIAN PRESS

Hosting a horde of fans for the Super Bowl? Or are you crashing somebody's party and bringing something delicious? You could spend a lot of time thinking about what to prepare, or you could just make saucy beer sliders and a decadent creamy dip for the win. **THE ASSOCIATED PRESS**

Super Bowl snacks that stack up

IN THE SKILLET

A little beer adds a whole lot of flavour to mini burgers

SUPER 50 BOWL

Big provisions are required to watch the big game, and nothing's more substantial than a burger, even in its mini form — the slider.

Indeed, if you plan to serve a variety of dishes for the Super Bowl, sliders are more sensible than the full-sized guys. But they happen to be a little trickier to cook than a standard-issue burger. The slider's size makes it tough to put a nice crust on the outside while ensuring that it doesn't overcook on the inside.

First, the sliders need to be about 3/4 inch thick, not only so they don't overcook, but so you can fit all of them at one time into the skillet.

Second, the skillet needs to be large, a 12-incher. If you don't have a skillet that big, use two smaller ones and cook six sliders in each.

And third, whichever skillet you use, the oil must be heated until it's almost smoking. At the start, you want the burgers to sear, not steam, which is what will happen if the pan isn't hot enough.

At first, the sliders will be crowded together in the skillet, but they'll shrink down as they cook, giving off fat and juices in the process. You deglaze the pan with beer, of course, which mingles intimately with the fat and juices released by the burgers to create a delectable pan sauce.

You can spoon some of this liquid onto the buns before sliding in the burgers, or a more extravagant technique: pour the sauce into ramekins and invite your guests to dunk their sliders into it between bites.

Whatever happens on-screen, you'll be winning at home.

Beer steamed cheese and mushroom beef sliders. MATTHEW MEAD/THE ASSOCIATED PRESS

Beer-Steamed Cheese and Mushroom Beef Sliders

Start to finish: 50 minutes
Makes 12 sliders

Ingredients

- 3 Tbsp vegetable oil, divided
- 1/2 cup finely chopped yellow onion
- 3 ounces mushrooms (white, cremini or shiitake), finely chopped
- Kosher salt
- 2 Tbsp finely chopped pitted green olives
- 2 Tbsp finely chopped, drained, canned green chilies
- 3 ounces sliced sharp cheddar cheese, broken into 12 equal pieces
- 1 1/2 pounds ground beef, shaped into 12 sliders, each about 3/4 inch thick
- Ground black pepper
- 1/3 cup beer
- 12 slider buns

Directions

1. In a large (at least 12-inch) skillet over medium, heat 1 tablespoon of the oil. Add the onion and cook until golden, about 8 minutes. Using a slotted spoon, transfer the onion to a bowl. Add another tablespoon of the oil to the pan, the mushrooms and a hefty pinch of salt. Cook, stirring occasionally, until the liquid the mushrooms give off has evaporated, about 5 minutes. Transfer the mushrooms to the bowl with the onion. Reserve the skillet.

2. Add the olives and chilies to the mushroom mixture and stir well. Set aside.

3. Return the skillet to high heat. Add the remaining tablespoon of oil and wait until it is almost smoking. Meanwhile, season the sliders on one side with salt and pepper. When the oil is hot, add the sliders, seasoned side down (it will be a little crowded in the pan), and cook them until they are just browned on the first side, about 2 minutes. Sprinkle the top side of each with salt and pepper, turn the sliders over and cook for another 2 minutes.

4. While the sliders are browning, top each slider with a heaping teaspoon of the mushroom mixture, dividing all of the mixture among the sliders, then place a piece of cheese on top of each. Quickly pour the beer into the pan, all around the sliders, cover the pan and steam for 2 minutes.

5. Turn off the heat and let the sliders sit in the pan for another minute to let the cheese melt completely. Spoon some of the liquid in the skillet onto the tops and bottoms of the buns, transfer the sliders to the buns and serve right away.

THE ASSOCIATED PRESS

A CROWD-PLEASING DIP

Hot-and-Creamy Pesto Spinach Dip

Start to finish: 30 minutes (10 minutes active)
Servings: 8

Ingredients

- 2 teaspoons olive or vegetable oil
- 1 teaspoon finely minced garlic
- 9-ounce package frozen chopped spinach, thawed and squeezed to remove excess liquid
- 8-ounce package cream cheese, softened
- 3/4 cup shredded Monterey Jack cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup milk or cream
- 1/4 cup minced fresh basil
- Kosher salt and ground

Directions

1. Heat the oven to 350 F. Coat a shallow, 4-cup baking dish or 9-inch pie pan with cooking spray.

2. In a medium skillet over medium, heat the oil. Add the garlic, stir for 30 seconds, then add the spinach and cook, stirring frequently, until the spinach is cooked and no liquid remains in the pan, about 4 minutes. Remove from the heat and cool.

3. Meanwhile, in a medium bowl, combine the cream cheese, Monterey Jack, Parmesan, milk, basil and a hefty pinch each of salt and pepper. Use an electric mixer to beat until well combined, then add the spinach mixture and mix again until fully incorporated.

4. Transfer the mixture to the prepared pan, smoothing the top, then bake for 20 minutes, or until hot and bubbling.

5. Serve hot with bread or crackers.

THE ASSOCIATED PRESS

If you're using your wife or girlfriend's luxury skin care products, it's time to man up and buy your own. ISTOCK

Skin care is a manly pursuit

TREND

Modern males are trading bars of soap for serums

Robert Cribb
Torstar News Service

A counterintuitive new female grievance has found its voice.

It alleges that modern men have taken to stealing fancy, female-targeted skin care elixirs from shared bathroom shelves in breach of accepted, gender-exclusive grooming product protocols.

This isn't good for anybody.

In random chats with female friends and colleagues about the subject of this column in recent weeks, 73 per cent registered this precise protest unsolicited, nearly verbatim, with indignant flourishes.

When pressed on the seriousness of this issue, most eventually downgraded their outrage to ambivalence. While it may mean for them the premature disappearance of extortionately priced, rose-infused essential oils and age-defying creams, it also means their lads are evolving their skin care regimens.

Such a male grooming upgrade — from bars of Ivory soap to cleansers and toners only found in the well-lit, luxury section of the Shoppers Drug Mart — appears to elicit begrudging welcome from partners.

The deeper question here is what the theft of female skin care products means for men who are adopting this new, lavender-scented identity.

Quick tip lads: If you're using any skin care product billed as being effective in the treatment of stretch marks, that contains floral ingredients drawn from distant European pools or ancient rain forests, is packaged in ornate bottles bearing calligraphy-fonted labels or was purchased from a mysterious place called L'Occitane, it's time to man up and get your own bloody stuff.

"Men have different facial skin than women. Their skin is thicker with smaller pores so they need a product that will penetrate easier," says Toronto cosmetic plastic surgeon Dr. Peter Bray.

Our higher testosterone levels also set our skin apart from women, he says, because it means a more oil-heavy surface requiring degreasing ingredients.

Here's the daily regimen one physician uses to heal thyself: Bray favours a "medical grade" line called SkinCeuticals.

After morning cleansing and shaving, he uses an antioxidant serum called CE Ferulic. After evening cleansing, he applies a different serum called Retexturing Activator for overnight exfoliation and moisture.

You may already be slightly overwhelmed by these words and concepts. Not done yet.

He also uses a separate eye cream (A.G.E. Eye Complex) and, on alternative nights, a retinol cream (Retinol 0.5) to reduce the signs of aging.

There's more.

Winter and summer, he applies sunscreen before opening his front door. "Applying regular sunscreen with an SPF of at least 50 is the best anti-aging treatment..." he says.

Still, not done.

Every three or four months, he has Botox injections to "soften facial lines, angry 11's between the eyes, crow's feet and forehead."

He calls it the "best 15 to 20-minute treatment you can have to look completely refreshed and rested without any downtime."

Ok, bro. I know what you're thinking. Considering that level of time, effort and money, your bar of mushy Ivory soap is looking pretty sweet.

Toronto dermatologist Lisa Kellett puts her percentage of male clients at her trendy Yorkville clinic at 30 per cent and rising, drawn by high-tech procedures, injections and products. This skin care renaissance is being driven in part, say experts, by our slowly emerging realization (long after women) about the importance of high-quality skin care.

"What goes on you goes into you," says Graydon Moffat, a Toronto entrepreneur who launched her own brand of natural skin care four years ago called Graydon Clinical Luxury.

While her products are gender neutral, she has carved out a separate space on her website (clinicalluxurybynature.com) catering to a growing male clientele. They aren't always the actual purchasers, however. "I've got a lot of women buying for their men."

As the bathroom medicine cabinet becomes the site of territorial turf wars, our female partners have adopted strategic diversionary tactics, thus preemptively reducing conflict while achieving our quiet acquiescence.

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metro DRIVE
Your essential daily news

Mini USA drops star-studded Super Bowl campaign video

Passat gets spruced up for 2016

ROAD TESTED

REVIEW

Light steering, quick response make for a worthy ride

Jil McIntosh
For Metro Canada

If a vehicle isn't quite ready for a complete makeover, automakers will often give it a "refresh" to spruce it up. That's what Volkswagen has done with its midsize Passat sedan, which gets a styling update and some interior tweaks.

There are some trim level changes as well. The diesel engine isn't currently offered, with no word on when or if it will return.

Instead, my tester carries a 1.8-litre turbocharged four-cylinder engine, which comes in four trim levels starting at $23,295. While you can get a manual transmission in the base trim, everything else uses a six-speed automatic. For those who want something more powerful, a 3.6-litre V6 comes exclusively in the new, top-line Execline trim for $38,295.

Having driven both, I find the smaller engine will be more than enough for most drivers. You get snappy acceleration and quiet cruising, although I did feel the transmission stutter a couple of times when slowing down.

The steering is light but the car responds quickly and accurately, with easy parking-lot manoeuvrability and a solid highway feel.

The new front and rear styling is more angular. It updates nicely while maintaining an overall design that some say is too understated, but which I think is timeless: this car is going to look good 10 years from now. The interior upgrades are more subtle, with a new steering wheel and instrument cluster. The infotainment system is updated for 2016, and Volkswagen has finally added USB ports. My only complaint is with the power mirror switch, which feels cheap and wobbly, and is awkward to use. Other controls are simple and easy, and everything is backlit at night, including the lock and window switches.

> **As with most German cars, the seats are very firm, but don't let first impressions turn you off them.**

As with most German cars, the seats are very firm, but don't let first impressions turn you off them. They're very supportive and stay very comfortable on longer drives. Rear-seat legroom is good, and the trunk is huge.

Overall, even if you can't get a diesel anymore, the Passat is worthy of consideration.

THE CHECKLIST | 2016 VOLKSWAGEN PASSAT

THE BASICS

Type. Four-door, five-passenger midsize sedan
Power. 1.8-litre turbo four-cylinder (170); 3.6-litre V6 (280)
Transmission. Six-speed manual or six-speed automatic
Price. $23,295 (base), $33,795 (as-tested), plus destination

COOL FEATURES

- Adaptive cruise control.
- Blind spot monitor with cross-traffic alert.
- Auto-dimming rearview mirror.
- Rain-sensing wipers
- Second-row USB port
- Rearview camera on all trim levels.
- Remote starter.

PASSAT PHOTOS: JIL MCINTOSH/FOR METRO; ALL OTHERS HANDOUT

POINTS

- The turbocharged engine takes 87-octane regular-grade gasoline and is rated at a combined city-highway 8.0 L/100 km.
- Smartphone integration with Android Auto, Apple CarPlay and MirrorLink on all trim levels.
- The new centre screen has a proximity sensor that brings up icons when your hand gets close to it, and a display with pinch and swipe ability.

MARKET POSITION

- VW stumbled when it cheapened some models to break into the lower-priced U.S. mass market segment. It's returning to improved interiors and more features to win back its core audience.

THE COMPETITION

Chevrolet Malibu
Base price: $21,745

Ford Fusion
Base price: $23,249

Toyota Camry
Base price: $24,100

BREMEN CLASSIC CAR SHOW

Alfa Romeo celebrates its avante-garde past

Alfa Romeo is set to headline this weekend's Bremen Classic Car show, when one of its most evocative and avant-garde concepts, the Caimano, takes center stage.

Although it was built on the Alfasud platform and used the same 68hp 1.2-liter boxer engine that powered the compact production hatchback, only someone with X-ray vision would have known that the Caimano and Alfasud were from the same company, yet alone the same planet, when the concept made its debut at the 1971 Turin motor show.

Italdesign, who created the concept were given a very simple brief — to design something that stood absolutely no chance of becoming a production reality. The company, headed up by legendary designer Giorgetto Giugiaro, duly obliged, creating the "wedge on wheels" with its sci-fi glass dome roof that slid forward to let passengers in and out and an adjustable rear spoiler that was part of the roof.

The car was cutting-edge, in the almost literal sense and ushered in the age of the wedge design approach that defined exotic Italian production cars including the Lamborghini Countach, Lancia Stratos and the Maserati Khamsin. But Alfa Romeo was first.

In recent times, Alfa has struggled to compete with growing competition and to rediscover that automotive recipe that had made it the sort of brand that people fall in love with. Nevertheless, the company has been going through a renaissance thanks to its wonderful 4C coupe and 4C spider ultra-light sportscars. It was getting ready to launch an entire new range of cars and to return to the U.S. market as a luxury sportscar maker, starting this year with the Giulia QV sports sedan.

However, the brakes are now being applied to the marque's ambitious plans to launch eight new models over the next two years. On Wednesday, FCA revealed that the new cars, which will include three SUVs, a direct competitor to the BMW 5 Series, a small hatchback and two 'speciality' vehicles — i.e., focused sports models — will now take until 2020 to arrive. That said, a special celebratory edition of the 4C spider designed to mark the iconic Ducetto Spider's 50th anniversary, is still expected to be unveiled at this year's Geneva Motor Show on March 1. AFP

ALFA ROMEO/HANDOUT

metro SPORTS

In the Air Tonight is fading out as Josh Donaldson's walk-up music; this year it'll be Ball Like This by L.A. Leakers feat. Future and Wiz Khalifa

Canucks waive Prust

NHL

Interesting times ahead as trade deadline approaches

Cam Tucker
Metro | Vancouver

After being unable to facilitate a trade for Brandon Prust over the past few days, the Vancouver Canucks placed the 31-year-old forward with a $2.5-million cap hit on waivers.

If he clears, the Canucks have the option to send Prust down to Utica.

Canucks general manager Jim Benning kept the door open to the possibility of a trade for Prust closer to the Feb. 29 deadline. This latest move was part of the organization's grand plan to get younger and quicker.

In 35 games, Prust had one goal and seven points. He missed 11 games with an ankle injury in late-October.

"We want to give some young kids a chance to play from now until the end of the year and develop going forward," Benning said.

Benning singled out Emerson Etem and rookie forward Jake Virtanen as two players he'd like to see get more of an opportunity.

The Canucks remain in playoff contention, despite a 20-19-11 record. They also have 32 games remaining on their schedule, with 19 of those on home ice.

Brandon Prust has one goal and seven points in 35 games this season. ELSA/GETTY IMAGES

There are only seven teams worse than the Canucks in the overall standings.

That's quite the conundrum because the trade deadline is approaching and the Canucks have numerous pending free agents — defenceman Dan Hamhuis and forward Radim Vrbata come to mind — that they could potentially shop to contending teams, which could also help free up cap space.

Henrik Sedin, who missed four games prior to the break, skated Tuesday and could be ready for Thursday's game against Columbus.

The Canucks also have Brandon Sutter back, and Hamhuis could also return soon, which means the team is getting back to full health.

> **If we're going to be competitive, then that's our first goal.** Jim Benning

And therein lies the rub as trade deadline day approaches.

"We want to give these guys a chance to see where we're going to end up," Benning said. "If we're going to be competitive, then that's our first goal. Now, come three weeks from now, if we're not in that stage, then we'll decide what the next step of action is."

CFL

Lions set to move on from Harris

A week before the start of CFL free agency, it appears the B.C. Lions have made the decision to move on from Canadian running back Andrew Harris.

The Lions on Tuesday introduced their new coaching staff, headed once again by Wally Buono, who remains the team's general manager.

Buono was asked about whether the team would be moving in a different direction from Harris, who is a pending free agent, and instead opting to start an American player at running back.

"One of the things we definitely want to look at is how we build our team based on the ratio. And if we can accommodate the ratio, then obviously looking at changing the direction at running back is critical," said Buono.

A few hours later, Buono dropped the news on local sports radio. And it was devoid of any possible grey area.

"At this point, I'm not saying that we're going to make him an offer. I don't believe that we will," Buono told TSN 1040.

"I think at this point, it's time for the club to look at maybe doing things differently."

Harris rushed for 1,039 yards last season and scored nine touchdowns on the ground and in the receiving game.

CAM TUCKER/METRO

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SUPER BOWL

Cam tired of black QB being hot topic

Cam Newton wants any discussion of black quarterbacks in a Super Bowl put away. For good.

Newton on Tuesday emphatically tried to lay to rest any relevance of an African-American quarterback appearing in the NFL's championship game.

During a series of questions by a media member that bordered on confrontational, Newton finally said to the reporter: "It's not an issue. It's an issue for you."

Carolina's All-Pro seemingly tired of the topic, added: "I think we shattered that a long time ago." This was the third time Newton had to deal with the subject since the Panthers made the Super Bowl. He didn't need to point out that several other black QBs have led their teams to the big game: Doug Williams, Steve McNair, Donovan McNabb, Colin Kaepernick, and Seattle's Russell Wilson the past two years.

Colour? It matters not at all and never should have.

> **It's not an issue. It's an issue for you.**
> Cam Newton

"I don't even want to touch on the topic of 'black quarterback' because I think this game is bigger than black, white or even green," the fifth-year Panther said. "I think we limit ourselves when we just label ourselves just black this, that. I don't think I should be labelled just a black quarterback. It's bigger things in this sport that need to be accomplished."

THE ASSOCIATED PRESS

IN BRIEF

Vardy's brace keeps Leicester at the top

Jamie Vardy continued his prolific season by scoring two goals — including a looping volley from 25 metres — to guide Leicester to a 2-0 win over Liverpool on Tuesday, preserving the team's three-point lead in the Premier League.

Leicester has 14 games left this campaign. Elsewhere, Manchester City moved into second with a 1-0 win over Sunderland.

THE ASSOCIATED PRESS

Natural hat-trick for Crosby

Sidney Crosby scored three straight goals for his first natural hat-trick in more than five years, and the Pittsburgh Penguins opened the second half of the season with a 6-5 win over the Ottawa Senators on Tuesday night.

The two-time NHL MVP pushed his goal total to 20 and has scored at least one in Pittsburgh's last eight home games. The Penguins have won four straight and lost in regulation just once since Jan. 6.

THE ASSOCIATED PRESS

Family, safety factor into Emry retirement

CFL

Vancouver College product now focused on his initiative

Cam Tucker
Metro | Vancouver

Shea Emry hits the Tiger-Cats' Mossis Madu during an October 2014 game in Toronto.
DARREN CALABRESE/THE CANADIAN PRESS

After eight seasons in the Canadian Football League, linebacker Shea Emry has called it a career on Wednesday, with his health and young family as the motivating factors in his decision.

The 29-year-old Emry, who is from Richmond and a product of Vancouver College, won two Grey Cups with the Montreal Alouettes before stops with the Toronto Argonauts and the Saskatchewan Roughriders.

He called this decision a difficult one, but he's also got a 16-month-old son and a baby daughter on the way. "Making decisions for the future of my life … was the most important thing," Emry told Metro.

Emry suffered a concussion in 2011. Head trauma in football has been a constant in the news and now Hollywood in recent months and years.

"Being able to push through those last couple of years would've been pretty difficult for me, knowing what I know," said Emry.

Emry will also have more time to focus on his own initiative — Wellmen, which he created two years ago and describes as a men's adventure club designed to engage men in a "primal outdoor experience."

Activities on these adventures — the next one being March 13, and it's Emry's hope to be operating as frequently as possible in the near future — have ranged from things like cooking and yoga to going outdoors for snowshoeing, fire-building and axe-throwing.

> **Making decisions for the future of my life … was the most important thing.**
> Shea Emry

"It's about providing guys with the opportunity to engage in all of these creative expressions we have available to us," said Emry, who is also a mental health advocate.

"It's about cultivating opportunities for the guys to have organic conversation in between all of this stuff."

"(Wellmen) exists to re-wild men back to nature. I just really want to inspire other men to feel free being themselves and these are a couple of ways I can do that."

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RECIPE Pork Fried Noodles

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This is one of the dishes that make you feel like it came from a restaurant rather than your own kitchen. In other words, be prepared to crave it every week.

Ready in
Prep time: 45 minutes
(30 minutes marinade time)
Total time: 65 minutes
Serves 4 to 6

Ingredients
- 1 lb ground pork or chicken
- 1 Tbsp corn starch
- 2 Tbsp canola oil, divided
- 1 tsp sugar
- 3 cloves garlic, minced
- 1 onion, chopped
- 1 carrot, grated
- 1 cup bean sprouts
- 1/2 cups chopped green beans
- 1 Tbsp soy sauce
- 1 tsp fish sauce
- 1 tsp salt
- 1 tsp pepper
- 1 package of noodles

Directions
1. Marinate pork in soy sauce, corn starch, 1 Tbsp oil and sugar for 30 minutes.
2. In a large frying pan, heat remaining oil over medium heat. Add garlic and onion, lower heat and cook until translucent. Add chopped meat to pan. Cook meat thoroughly, about 5 minutes.
3. Cook noodles in boiling water according to package directions. Drain and put aside.
4. Mix carrot, bean sprouts and green beans into meat mixture. Toss and blend together then add fish and soy sauce as well as salt and pepper. Sauté until vegetables cook, about 3 to 5 minutes. Then remove from heat.
5. Toss vegetables and all its liquid with noodles and serve.

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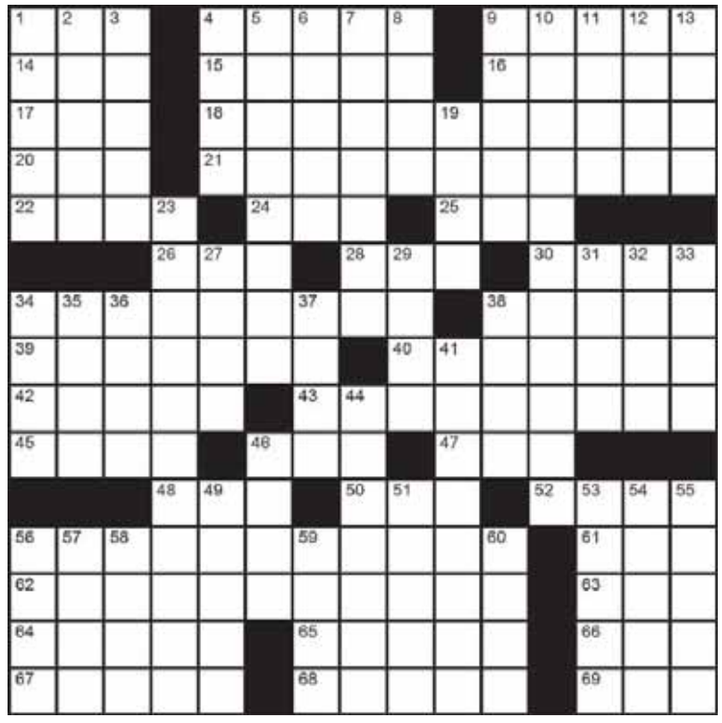
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Not on
4. Fictional town in Maine in Stephen King tales
9. Filing letter headings...
14. _ shot (Seasonal needle)
15. Ms. James' of song
16. Ms. Channing
17. Weight unit, variantly
18. Weightlifter's repetitive arm exercise: 2 wds.
20. Energy unit
21. Sports... They occur in overtime: 2 wds.
22. Newbie
24. Nero's 56
25. French 'friend'
26. Director Ang
28. Wee cooking measurement
30. Sweet'_ _ (Sugar substitute)
34. Dry up
38. Bright lizard
39. Versus
40. Q-tips user, say
42. 1978 hit for Canadian singer Gino Vannelli: "I Just _ Stop"
43. Quaint bathroom sink
45. Hitch
46. Lettered carpooling lane
47. 'Jacob' suffix
48. Harper Valley gr.
50. Bard's 'throughout'
52. Horse-hauled cart
56. Happenings
61. Alter _
62. Michael J. Fox's wife who played his girlfriend on "Family Ties": 2 wds.
63. Evian, par exemple
64. Distance races, in slang, e.g.: wds.
65. "The Poseidon Adventure" (1972) director Ronald
66. Mr. Diesel
67. View, Bible-style
68. Composer/pianist Erik
69. Manchester, _.

DOWN
1. A lot
2. Plant life
3. Mushrooms
4. _ collector
5. Online stores
6. Religious title, e.g.: 2 wds.
7. 1981: "I Love a Rainy Night" by Eddie _
8. Flanders river
9. Happy as _ _ (Glad)
10. Toronto-born singer/songwriter Robbie Robertson was once part of Bob Dylan's what?: 2 wds.
11. Rock's Motley _
12. _ Rebellion (Early-1840s insurrection in Rhode Island)
13. Building additions
19. Spring
23. Hazards in hockey: 2 wds.
27. Dame _ Everage
29. Legis. meeting
31. Sci. rooms
32. Sacred Buddhist peak
33. Notify of danger
34. Stealing birds
35. "A Summer Place" (1959) star Richard
36. Juliette Binoche's "The English Patient" (1996) character
37. It's _ _-way street
38. Rhyming scheme
41. "What place is this?": 3 wds.
44. Anne of Green Gables setting
46. Large instrument
49. Unfaithful one's meet up
51. Splendid display
53. Actor Christopher
54. An additional time
55. "Forever _" by Rod Stewart
56. Baseball great Mel's surnamesakes
57. First Nation of Manitoba
58. Furniture making material
59. Ages and ages
60. Dagger of yore

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may feel as if you can take on the world and win, and maybe you can, but don't get over-confident or you could be in for a major let-down. Life moves in cycles. Nothing stays the same, so be ready for change.

Taurus April 21 - May 21
You have a vague feeling that something is not quite right but you can't put your finger on what. Usually your instincts are spot on but this time, it seems, they have got it wrong.

Gemini May 22 - June 21
You have something to say. Certain people are unlikely to welcome your words. For you the truth is sacred and you won't keep quiet just to make others feel good.

Cancer June 22 - July 23
Stop wasting time and energy on activities that don't pay. Start today by turning down a social invitation that's not important. Don't worry that they won't ever invite you again — that's something to be thankful for.

Leo July 24 - Aug. 23
The old always gives way to the new. Keep that thought in mind today and it will be easier to let go of something that is holding you back.

Virgo Aug. 24 - Sept. 23
It may seem strange to others that you spend so much time thinking and analyzing but to you it's natural. You will be in an especially thoughtful mood today, so don't weigh yourself down with practical matters.

Libra Sept. 24 - Oct. 23
There's a task that needs finishing. Get to it before time runs out this weekend. Make a special effort to tackle it today and you'll be surprised how easily things it comes together.

Scorpio Oct. 24 - Nov. 22
You don't take kindly to others disagreeing with you but someone will ignore your advice and follow their own path today. Don't make an issue of it. You can say "I told you so" later!

Sagittarius Nov. 23 - Dec. 21
You find it easy to accept that different people see things in different ways. That's good because one particular person has been acting strangely. Make it your business to understand them — then help them.

Capricorn Dec. 22 - Jan. 20
Upheavals are likely today and there is not much you can do about them. Come the weekend you'll move into a more positive phase, one in which you can call the shots for a change.

Aquarius Jan. 21 - Feb. 19
More than most you realize that change is necessary. Hold onto that positive attitude today as certain people upset the status quo. You can't change what they're doing but you can find ways to benefit from it.

Pisces Feb. 20 - March 20
You can be a bit too obliging for your own good but that is not an option now. You are going to have to fight for what you desire. Throw off that "nice guy" tag once and for all.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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9	4			3	7	2		8
				4			7	9
			8				3	
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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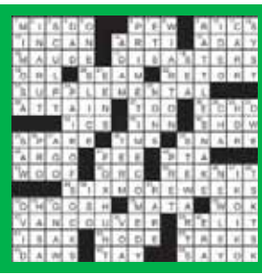

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3	7	6	9	5	8	4	2	1
9	1	5	4	3	2	7	8	6
8	2	4	6	7	1	3	9	5

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